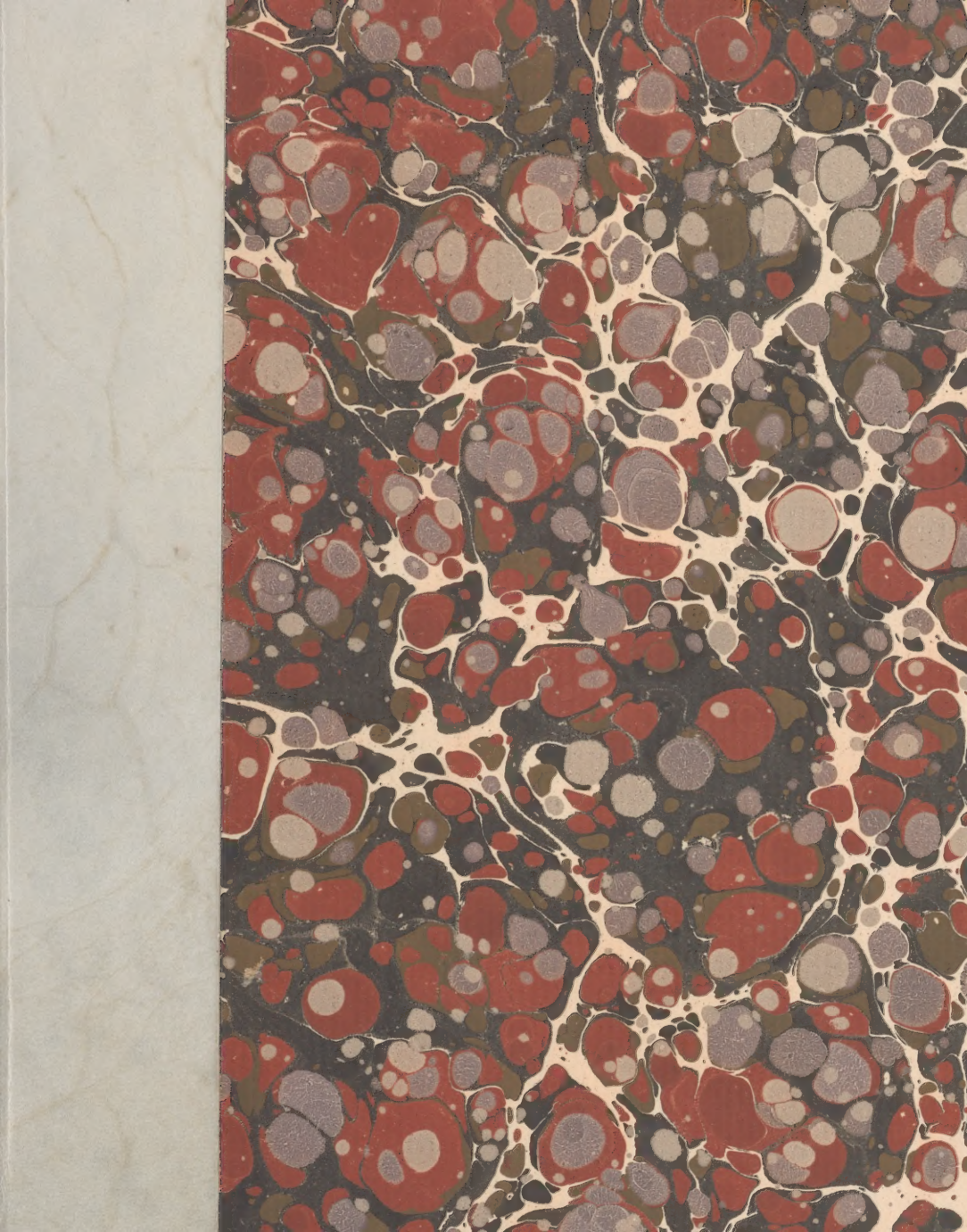




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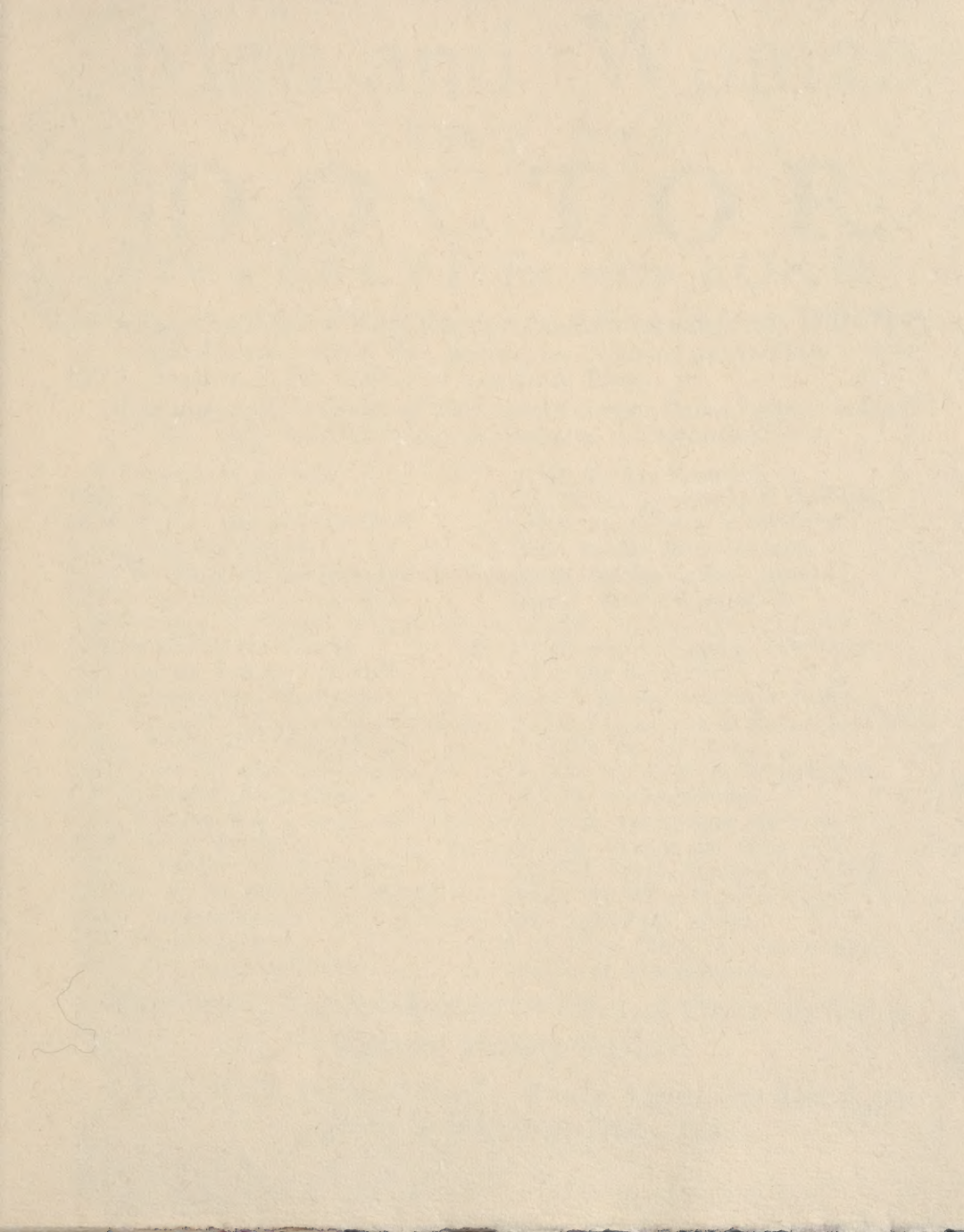
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GOVERNMENT PRINTING OFFICE

From the
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Man and Woman

With THEIR OWN

DOCTOR:

Or a SALVE for every SORE.

Being a Book full of Rare Receipts for the most dangerous Distempers incident to the Bodies of Men, Women, and Children; and very fit to be in all Families, in this Crasse, Sickly, and Bad Times.

Gathered out of the Library of that Famous Traveller, Doctor Ponteous; and now Published for the Good, and Benefit of all People whatsoever.

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|---|--|
| I. For pains in the Head. | XXII. To stay Vomiting. |
| II. To purge the Head. | XXIII. For the running of the Reins. |
| III. For the Megrim in the Head. | XXIV. For the Heat of the Liver. |
| VI. For a Scald Head. | XXV. For the Black-Jaundies. |
| V. For sore and blood-shot eyes. | XXVI. For the Yellow-Jaundies. |
| VI. A Water to clear the eyes. | XXVII. For the Wind-Collick. |
| VII. For a pearl or flegme that grow over the | XXVIII. For Worms in the Belly. |
| VIII. To help the Hearing. | (Eye. XXIX. For the Gripping in the Guts. |
| IX. For the Rickets in children. | XXX. For the Stone. |
| X. For stinking of the Mouth. | XXXI. For the Sciatica in the Hip. |
| XI. For a mouth that is staid with Heat. | XXXII. For the Gout & all manner of Aches. |
| XII. To recover a mans Speech. | XXXIII. To kill Corns. |
| XIII. For a Canker in the mouth. | XXXIV. To drive out the Small Pox. |
| XIV. To make Teeth white. | XXXV. For the Cramp. |
| XV. To take away the tooth-ach in half an | XXXVI. For an Ague and fever. |
| XVI. For a Red face. | (hour. xxxvii. To make one Sleep well. |
| XVII. To make the face fair. | xxxviii. For the Biting of a Mad Dog. |
| XVIII. For hoariness in the Throat. | xxxix. To kill a Tetter or Ring-worm. |
| XIX. For sore Breasts. | xl. Against the Plague. |
| XX. For the Spleen. | li. For a Cut of the finger or hand. |
| XXI. For a stinking Breath. | lii. For a Consumption. |

With Six most Excellent Receipts for all sorts of Cattle whatsoever.

Licensed according to Order.

LONDON, Printed for L. White Living in Red-Lycourt, in Whitecross-street. 1676.

Robert Foster

Robt Foster

Every Man and Woman their own Doctor.

I. *For the pain in the Head.*

TAke the greace of a Hart, and mingle with Oat-meal and Sorrel and temper them well; then lay it Plaister-wise to thy temples. This is proved.

II. *To purge the Head.*

TAke the juice of Primrose, and Milk of a Cow; and with a Quill blow it into thy Nostrils: and this will purge the Head.

III. *For the Megrim in the Head.*

TAke four Bread, and Chickweed, and bray them together, and boyl them in Vinegar; and so bind it to the grieved place: or take Barley, and seeth it well in water, and put in Betony and other good Herbs for the Head, and when they be well sodden, bind them to thy Head: For it is good.

IV. *For a Sea'd Head.*

TAke the Liver of a Scate, and boyl it by it self; and eight Elicampagne Roots, and seeth them by themselves in Spring-water two hours; and put that to four handfuls of House-leek, stamped and strained through a Cloth: and make an Oynment thereof: then anoint the Head therewith; and if the Hair be gone, take a handful of Wooll, and bray it hot to powder; then take two spoonfuls of Honey, and anoint the Head therewith where it is pill'd, and the Hair will soon come again as chick as ever it was before: This has cured many hundreds.

V. *For sore and blood shot Eyes, or Rheume, hot or cold.*

TAke Allom burned, beaten to fine Powder; then take as much as will lye on a Groat: So mingle it with half a Spoonful of Honey; then drop one or two drops into the Eye when you go to Bed, and you will find help to great admiration: This has Cured many in all my Travels. *Tr. batun. et.*

VI. *A Water to clear the sight.*

TAKE Fennel, Vervain, Roses, Salendine, and Rue, of each two ounces : and Distill them, and wash thine Eyes therewith : this is good for all manner of sore Eyes,

VII. *For the Pearl and Flegm that grow over the Eyes.*

TAKE the Gall of an Hare, and boyl it with as much Honey as the Gall. *Probatum est.*

VIII. *To help the Hearing.*

TAKE and Distill Sorrel, or Wormwood, in a common Stillary ; and take four drops of either of the same Waters, which you will, and put into thy Ear Luke-warm.

IX. *For the Rickets in Children.*

TAKE as much Jet as will lye upon a shilling, and steep it in half a Pint of Sack 4. or 5. hours, then stir it about, and drink it off, half in the Morning, and the rest at Night. This hath done good to many.

X. *For stinking of the Mouth.*

TAKE the juice of black Mints, and of Rue a like much, and put in to thy Nostrils ; and this will help thee. This is proved.

XI. *For a Mouth that is staid with heat.*

TAKE Ribwort, and seeth it in Red Wine ; and hold it in your Mouth hot : do this often, and be whole.

XII. *To recover a Mans Speech.*

TAKE the juice of Sage and Primrose, and put into the Patients Mouth, and he shall speake strait, or within a while after.

XIII. *For a Canker in the Mouth.*

TAKE nine Leaves of Sage, and stamp them with a little Salt, and Verjuice ; and make thereof a Plaister, and lay it thereto, and it will be whole : but you must dress it twice a day.

TAKE Vinegar of Quinces, and dip a Cloth in it, and rub the Teeth and Gums therewith : this same fasteneth the Teeth and Gums, comforteth the Roots of the Teeth, and maketh sweet Breath.

XV. To take away the Tooth-ach in half an hour.

TAke Henbane-feed, Smallage-feed, and Poppy-feed, of each the weight of a Penny; and make Pellits, with a quantity of Aquavitar, and lay it to thy Teeth that ake: and the pain shall cease strait.

XVI. For a Red Face.

TAke Sow-thistles, Burrage, Pursley Sorrel, Barley, Parsley Roots,
and Liquorish; and boyl all together in running-water: and drink
it first and last.

XVII. To make the Face fair.

TAke the Flowers of Rosemary, and boyl them in White-wine; then wash thy Face therewith: also the Water of Bean-flowers will do well.

XVIII. For hoarseness in the throat.

Take Penniroyal, and seeth it in Running-water, and drink a good draught two or three nights somewhat hot, with a little Loaf-Sugar: this will make you clear again.

XIX. *For sore Breasts.*

TAke a handful of Figgs, and stamp them; then take a little fresh Grease, and temper it with the Figgs, and make a Plaister thereof, and lay it as hot as you can endure it; this will take away the anguish, and if it be apt to break it will, or else not.

XX. *For the Spleen.*

Take the Roots of Nettles, and stamp them well together with Vinegar, and lay it unto the Spleen when it swelleth: also the Lungs Fox dried, and made in Powder, and eat it in a Figg in the morning, very good.

Who spends too much, may want and for something
for his Grandest best. XXI.

XXI. *For a sinking Breath.*

TAke three ounces of comin in powder and seeth in Wine, a Gallon to a Pottle; and drink of it as hot as you can, first last; and in ten dayes you shall be whole without doubt.

XXII. *To stay Vomiting.*

TAke and make a Toast, and temper it with Vinegar, and Mints; so hold it to your Nose: this stayeth Vomiting.

XXIII. *For the Running of the Reins.*

TAke Venice Turpentine, so make it into Pills. so roll them in Clove namon, and Ginger, and good Loaf Sugar, so swallow them first and last.

XXIV. *For the heat of the Liver.*

TAke Liver-wort, and five-leaved Grass, Endive, Bugloss, and Borage, and seeth all these in Whey: and drink of these as often as you will, and this will help you.

XXV. *For the Black Jaundies.*

TAke Enula Campano Roots, and seeth them in Milk; then take Milk and strain it through a piece of Cotton: and give the Sick drink thereof: this did help a Gentlewoman that hath been troubled fifteen Years with it, and could not be helped.

XXVI. *For the Yellow Jaundies.*

TAke Elicampane Roots, and the Inner-bark of a Barbary, of each eight ounces, of Salendine Roots as much, of Saffron the weight of a Groat: seeth all these in a Pint of White-wine, strain it, drink for spoonfulls Morning and Evening warm.

XXVII. *For the wind Collick.*

TAke Winter-savory, stamp it, and strain it, with strong Ale; then drink warm, and immediately the pain will cease, as if it were swept away: there has been divers helped with this, which has swounded away two or three times in a day, with the pain thereof.

XXVIII. *For worms in the Belly.*

TAke the Pills of Oranges, and dry them; so make them into Powder and drink it in Malmsiey, or stale Ale, there is nothing better.

Be not too much XXIX

XXIX. For griping in the Guts.

Take Tansey, Rhæ, and Sothern-wood; and eat it with Salt fasting, and be whole.

XXX. For the stone.

Take Acorns that grow on an Oake, and dry them, and make Powder thereof; and drink it in the morning fasting, with Rhenish- and Sugar: this will break the stone. *Probatum est.*

XXXI. For the Scyatica in the Hip.

Take a Pottle of Wine-lees, and Wine dregs and Sour-bread and Cow dung, and boyl these well together; so make a Plaister hereof, lay it to the pain as hot as you can suffer it: and this will heal you.

XXXII For the Gout, and all manner of Aches

Take of Crot Roots two pound, and seeth them in Piss till they be tender; and then bray them, and strain them through a Cloth; then take Oxe Galls, or Neats, and look that you have a Pottle of Urine or re, well strained; then put a quart of Oyl of Olive in, and seeth these ether till it comes to the quantity of the Oyl: for this will work wonders in the Gout.

XXXIII. To kill Corns in feet or toes.

Take Roots of white Lillies, so boyl them in Vinegar, then make it like a Plaister, and lay it on the Corn, 3. or 4. days and nights, and it will make it fall off. But the only thing in the world for Corns is this, you can take it; which is a black Snail wrapt up in a Linnen Cloth, before a fire and well roasted, so bind it as hot as you can endure it on the Corn, and keep it supplied with fresh Snails Roasted 2. or 3. nights need requires, and it will make it dye, and peel off like a Scab, and never come again. Proved.

XXXIV. To drive out the small Pox.

Take Malmsey, Ginger, and Treacle, and mingle them well together, and when thou goest to bed, drink a good draught, and it will drive the Pox.

XXXV. For the Cramp.

Take two spoonfuls of May-butter, and two spoonfuls of Rhue juice, and temper them well together till they be a Salve: and anoint the therewith.

XXXVI.

XXXVI. *For the Ague and Fever.*

TAke the Buds, or Leaves of Willows, Red sage and Fetherfew each a handful; seeth them in a quart of Milk till the Herbs be sodden: then crush the Herbs, and wring them in a Cloth, and lay it to your Pulse as warm as you can suffer it: and this will help you.

XXXVII. *To make one sleep well.*

TAke Ground-Ivy, and Sengreen, of each a like quantity; and steame them, and temper them well with Womans milk, and lay it to your Temples: and this will make thee sleep well.

XXXVIII. *For the biting of a Mad Dog.*

TAke Mints, a Clove of Garlick, and Salt; stamp them together and make a Plaister thereof, and lay it to the bitten place, and it will heal it.

XXXIX. *To kill a Tetter or Ringworm.*

TAke Fetherfew, stamp it; and strain it with Vinegar; and rub it on the Tetter therewith and this will kill it in a short time.

XL. *Against the Plague.*

TAke three ounces of the Liquor of the Inner-rind of an Ash Tree, and Still it with three ounces of White-wine; and give the Patient of it every three hours, and within twenty four hours, he shall be cured by the Grace of God.

XLI. *For a Cut on the finger or hand.*

TAke some green Hyssop, and stamp it well in a Morter, with some Sugar; and so bind it to thy Hand.

XLII. *For a Consumption.*

TAke the Heart and Lungs of a Calf new killed, a Capon, let these be bruised in a Stone Morter, and boyled with an hundred Snails, till the Broth be as thick as Pottage; put to it Harts-tongue, Maiden-hair, Hyssop, Scabias, Sage, of each an handful, with China Roots sliced, and beate two ounces of the Juice of Colts-foot Roots eight ounces of Blood of a Pig newly killed, and Conserve of Red-Roses one pound; these being well mixed, let them be Distilled with a gentle fire, and reserve it.

x most excellent Receipts for all sorts of Cattle.

For fine Cattle, as well Cow, or Ox, Bull or Steer.

Nly Vergis is the Remedy given them to drink, and then presently into a good Pasture: Or else thus, Take for every one a Pint of Juice, and put thereto a handful of Bay-salt, and therewith rub their gues, then let them drink the rest. This is proved.

excellent Drench to be given to Cattle at the Spring or fall of the Leaf

Take hard Soot that commonly is upon the posts of a House or Roof, where the Smoak hath it's due, which being beaten into Powder, with Bay-salt, seeth the same in Running Water, & give it them to drink. Rank Ivy, with the Soot and Salt, and when the Ivy is soft, wring out juice and strain it, and let your Cattel drink thereof blood-warm. This is proved.

Sovereign drink for a manne of Cattle that you suspect to be Lung-sick

Take the Herb that is called Cowslip, or Lung-wort, and stamp it, and put thereto Fenerere, and mudded with good Ale: and with a horn, or pretty Tunnel Drench either your Horse, Ox, Cow, or Swine, and it shall yield present Remedy, if there be any Disease in the Lungs

For the Murren

Warf-Gentian, of some called Mock gillofer, finely chopt and given to Swine, and all other Cattle, it preserveth them wonderfully from Murren, and all such contagious Diseases as happen to Cattel in cold times.

The water which standeth in the hollows of Beeches doth perfectly cure the naughty Scurfe, and wild Tettors, or Scabs of Men, Horses, or Sheep, if they be washed therewithall.

For a Sore Horse Back, or Stile, a present Cure.

Take a quantity of Allom and burn it also a handful of Barley or more, and burn it; then take the powder thereof, and mix it with the Allom, and pour it upon the Sore morning and evening: But if the sore be corrupt and full of dead flesh, then use more of the Roch Allom than the powder of Barley and when it beginneth to heal, use them both together, but most of the powder of Barley. This is a most excellent Remedy.

The Price of this Book is Two-pence.

